



Photos by Airman 1st Class Stephen Collier

Students Sandy Winkler and Thomas Gerlinger hold a board while instructor Brian Myers performs a jump front snap kick.

# NCO gets a kick out of Kuk Sool Won

## *Martial art teaches physical, mental training*

by Airman 1st Class  
Stephen Collier  
49th Fighter Wing Public Affairs

He was a scrawny 12-year-old kid who couldn't find a sport he liked in his hometown of Topeka, Kan. His life changed forever the day his parents introduced him to the world of martial arts.

Tech. Sgt. Brian Myers, 49th Maintenance Squadron Automatic Test Station shop chief and certified World Kuk Sool Association instructor, fell in love with martial arts and continued his passion after entering the military.

But it wouldn't be until a year-long tour to Kunsan Air Base, Republic of Korea, that he found the one martial art that enticed him the most.

"After getting to Korea, I met Master Goh Keum Youl, a local Kuk Sool Won instructor," Sergeant Myers said. "It was unique because I had a black belt from a different kind of martial art and I was a little arrogant when I challenged this small man. He threw me around like a rag doll. After that session, I knew there was something to be learned here. The more I attended his classes, the more I liked it."

After receiving orders to Germany in 1999, Sergeant Myers continued to study the Korean martial art. He said he liked the structure it offered because it adhered to a strict curriculum that never changes.

"Some martial arts tend to go with what an instructor is in the mood to teach that day," he said. "KSW is more uniform. Every school world-wide is certified by

the World Kuk Sool association in South Korea. Everywhere you go, you can pick up from where you left off."

KSW, compared with other forms of martial arts, can be more challenging and time consuming, Sergeant Myers said. With its large curriculum of striking techniques matched with weapons training and internal meditation, he said students looking to receive a black belt in two years or less should look elsewhere.

"KSW is a martial art for the dedicated," the KSW instructor said. "Because of all the lessons you are required to learn, it can easily take five years to become a brown belt. Before I started learning KSW, I already had a black belt in Kenseido karate. It was hard for me to let go of what I knew and start all over again. But, it was well worth it. KSW is a better style of martial art."

After progressing through the different belts, Sergeant Myers completed his black belt training and began to teach the martial art to his own students. He said this was the most rewarding part of all.

"By sharing my knowledge, I get a lot of pride by seeing my students go from brand new to seasoned members," he said. "You can see those students get frustrated over the smallest maneuver and I think back to when they could barely kick upward without falling over."

Sergeant Myers pointed out that teaching KSW at Holloman was important because he wanted more people to learn about the martial art.

"I want to share KSW with ev-



eryone," he said. "I want to show people the actual Asian culture, not the Hollywood version. I love to tell people about it. Hopefully they will get out of it what I have."

Sergeant Myers said the art was open to all who wanted to try.

"KSW has a little bit of something for everyone," he said. "When people hear martial arts they think they won't be good because they aren't in shape. You can start at any age and at any fitness level. The point of doing martial arts is not to get any kind of belt. It's all about improving yourself mentally and physically."

Sergeant Myers instructs Kuk Sool Won classes from 7 p.m. to 9 p.m. Monday, Wednesday and Fridays at the Fitness and Sports Center here.



Above: Instructor Brian Myers performs a double wrist throw on students Matthew Hutsell (left) and Thomas Gerlinger. Instructors perform maneuvers on their students to teach them hands on.

Left: Brown Belt Thomas Gerlinger performs a roundhouse kick against blocking Blue Belt Sandy Winkler.